

Date: January 27, 2003

To: CACFP Child Care Centers

From: Ginny Huntington, Consultant
Bureau of Food and Nutrition

Re: Changes in federal requirements regarding infant feeding in the CACFP

USDA has made changes in the infant portion of the Child and Adult Care Food Program (CACFP) in the past several years. Information and education has been provided to centers with federal and state memos, distribution of a new USDA publication, Feeding Infants: A Guide for Use in the Child Nutrition Programs, a set of 10 Child Care Mini posters, and the State workshops on implementation offered on November 21, 2002.

This memo recaps required changes and recommendations from that training, and further answers some of the questions that arose during and after the workshop.

It is the intention of the Iowa CACFP State Agency, that the required changes in infant feeding be made by February 1, 2003. If this is not possible, develop a plan for compliance within this calendar year. Call the CACFP consultant for your area to discuss this plan. (See Attachment 8)

Our goal is safe and healthy infant meals in a caring environment. Infants develop at different rates and their care should be individualized according to wishes of the parents within the structure of DHS licensing rules and the requirements of the CACFP. Continuity of care and feeding practices should be maintained for individual infants already in care.

Further information on infant feeding will be available at the all day workshop jointly offered by CACFP and WIC staff at DMACC in Ankeny on Thursday, June 26, 2003. Registration information will be mailed later.

1. What are the requirements for infant feeding in the CACFP?

- a. Follow infant meal patterns unless you have a physician's statement for exceptions (Attachment 1)
 - Please note recent changes include: iron fortified formula or breast milk should be fed for the first year; juice at snack (preferably in a cup) after 8 months of age.
- b. Feed infants "reimbursable" or creditable foods (Attachment 2).
- c. Offer parents of all infants the option of a center supplied iron fortified infant formula.
- d. Choose a formula to offer parents that is iron fortified and is commonly used by several infants in your care. When an infant is developmentally ready, solid foods should be supplied by the center.
- e. Parents must complete the infant enrollment form (Attachment 3), indicating their choice to accept or to decline the formula and foods the center supplies.
- f. Record infant meals. Three examples of suggested options for recording infant meals are attached, including attachments 4 a.) a daily infant activity form; 4 b.) a weekly menu; or 4 c.) an individual infant feeding record. Each example has advantages for infants at different ages/stages of eating.
- g. Communicate CACFP meal requirements to parents by using the infant enrollment form and the infant feeding brochure (Attachment 5).
- h. Train and supervise infant caregivers to assure quality infant care and meeting of CACFP requirements.

2. Which infant meals can we claim?

If the following requirements are met, infant meals may be claimed for reimbursement. If these requirements are not met, infant meals should not be claimed for CACFP reimbursement.

Requirements for claiming infant meals:

- a. Follow infant meal pattern or have a signed physicians statement for exceptions (Attachment 6); and
- b. If formula is fed: Age birth through 3 months (all meals) and age 4 through 7 months (snack) – the center must supply the formula;
- c. If formula is fed: For meals served to infants age 4 through 7 months (breakfast, lunch, supper) and infants 8 through 11 months (breakfast, lunch, supper, snack) the center must supply at least one item (formula or food);
- d. If breast milk supplied by the parent is served as or with any meal, the meal may be claimed for infants birth through 7 months. After 8 months, the caregiver must supply at least one required food item;
- e. If the mother comes to the care setting to breastfeed her child, and no other food is supplied by the center, the meal may not be claimed;
- f. A maximum of 3 meals per child per day, if served, may be claimed for reimbursement. This may include 2 meals and a snack, or 2 snacks and a meal.

3. Additional recommendations to foster quality in your CACFP infant care program:

- a. Be familiar with and follow the practices recommended for quality infant care in the manual recently mailed to your center: Feeding Infants: A guide for use in the Child Nutrition Programs;
- b. Emphasize good communication with families of infants. Parents or guardians should be the first to introduce new foods when the child first starts solid foods. Find out what the child's day has been like before arrival at your center. Share information with parents about their infant's daily activities including eating, sleeping, diapering, mood and play;
- c. Support and encourage breastfeeding families that choose breastfeeding for their infant. Provide a quiet place for mothers to breast feed their babies;
- d. It is recommended in Caring for Our Children: National Health and Safety Standards: Guidelines for Out-of-home Child Care Programs 2002, that the formula a child received should be the same formula as the child receives at home. USDA recommends that the formula a child receives be the formula chosen by the parents in consultation with their physician. This decision about the type of formula fed should not be made by the caregiver;
- e. Do not feed an infant solid foods until the child is developmentally ready according to the information on pages 11, 12, 13 of Feeding Infants: A guide for use in the Child Nutrition Programs;
- f. Compare the cost of different brands and types of formula from local sources available to you.

Please contact our office or your local CACFP consultant if you need further clarification or questions.

Attachments

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| 1. Infant meal pattern | 5. Parent Brochure for infants in the CACFP |
| 2. Reimbursable infant foods | 6. Physician's statement |
| 3. Infant enrollment form | 7. Infant questions and answers |
| 4a. Meal record option Daily activity form | 8. List of CACFP state consultants |
| 4b. Meal record option Weekly infant menu | 9. Chart of reimbursable meals |
| 4c. Meal record option Individual infant feeding record | |